

VA CENTRAL IOWA HEALTH CARE



Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
1 st and 3rd Tues of the month	6:30pm	Bldg. 12/CLC 3 rd floor dining room or at a fishing location TBD	Fly Tying Learn how to tie flies and then use those flies to go fishing with us! Contact Joni for more information! Sponsored by Project Healing Waters	Any veteran	Joni Osmundson 515-699-5999 X4980
Tuesday nights June 7-July 5	6:00-8:00pm	Crossroads Shooting in Johnston, IA	A Veteran Outreach Airgun Program. Learn or practice your skills with volunteers to assist. FREE Sponsored by Adaptive Sports Iowa	Any veteran	Joyce Ellens 515-699-5999 x4939 or Mike Boone at 888-777-8881 x115
All Thursdays in June (Cancelled on June 23rd)	1:30-2:30pm	Bldg. 12 CLC; 3 rd floor dining room	Please join us for yoga on Thursdays. Beginning level in chairs. Learn about deep breathing techniques and relaxation.	Any veteran	Kayla Nelson X4331
Wednesday June 8 th	9am-noon, meet at 8am for bike check	High Trestle Trail in Madrid, IA (about 12 miles)	"Veterans Riding to Live" A group of cyclists who love to ride! Lunch provided by the DAV after the ride! *Some standard and adaptive bikes are available. Please let Joyce know if you need a bike by 6-6-16*	Any veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.

Thursday June 9th	6:30- 7:30pm	Main Hospital Lobby	"Re-Creation" Performance. Come enjoy a group of traveling college students performing music/dance hits for veterans! FREE	Any veteran	Suzanne Anderson 515699-5999 X4949
Friday June 10th	12:30- 2:30pm	ChildServe Therapy Pool- must be signed up with Kayla Nelson 3 days prior	Veteran's MOVE! Group- heads to the pool for a work out, low intensity and accessible for all!	MOVE! Participants *must call and sign up	Kayla Nelson 515-699-5999 x4331
Every Thursday in June	6:00- 8:00pm	First Family Church in Ankeny	Wheelchair Basketball practice and scrimmage. 12 different sport chairs available to try. FREE Sponsored by Adaptive Sports Iowa	Any veteran with a physical disability or limitation	Joyce Ellens 515-699-5999 x4939 or Mike Boone at 888-777-8881 x115
Tuesday June 14 th (2 nd Tues of every month)	6:00- 8:00pm	Warrior Lanes 190 SE Laurell in Waukee, IA	Bowling Program for anyone with a physical disability or low vision. First game is FREE. Sponsored by Adapted Sports Iowa	Any veteran with a physical disability or low vision	Joyce Ellens 515-699-5999 X 4939 or Mike Boone at 888-777-8881 x115
Wed. June 15	1-3 pm	Building 12, CLC Room B109	Women Veterans Recreation Group- Come learn how to play the bells (no music skills necessary) and have some Strawberry Shortcake in honor of National Strawberry Shortcake Day!	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Wed. June 15	6:30 pm	Outside of Building 12, CLC	Come hear the West Des Moines Community Band play in an outdoor concert in the parking lot outside of Bldg. 12. Bring a lawn chair is possible!	Any veteran	Suzanne Anderson 515-699-5999 X4949
Wednesday June 22nd	9am- noon, meet at 8am for bike check	Bonderaunt Trail Head of Chichaqua Trail ending in Mingo (about 12 miles)	"Veterans Riding to Live" A group of cyclists who love to ride! Lunch provided by the DAV after the ride! *Some standard and adaptive bikes are available. Please let Joyce know if you need a bike by 6-20-16*	Any veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.
Fri. June 24	10am- 2pm	Building 12 CLC Room B109	Women Veterans Recreation Group- Come do some crafts with us. We can make fleece blankets which are then given to hospitalized women at the VA. We can scrapbook, make cards or bring your own craft with you. Bring a lunch or something	Any female veteran	Suzanne Anderson 515-699-5999 X4949

			to share with others for a snack.		
Sat June 11, 18, 25, July 2, 9, 16	9am- 11am	Warrior Run Golf Course, Norwalk	GIVE- Golf for Injured Veterans Everywhere. FREE 5 week golf lessons for veterans and their caregivers. Must call to reserve your spot! *Session 3 Dates: July 23,30, Aug 6, 13, 20	Any veteran, open to 15 veterans per session.	Klay Queck 515-699-5999 x4039 or Joyce Ellens 515-699-5999 x4939
Sept. 7-8, 2016		Camp Wesley Woods, south of Indianola	Women Veterans Recreation Group- 3 rd Annual Overnight Women's Retreat Save the dates! More info to follow	Any female veteran	Suzanne Anderson 515-699-5999 X4949